

PLATING AND RE-HEATING PUREED TEXTURE MODIFIED MEALS

Nutritious Cuisine Texture Modified Level 4 (Pureed) contains the nutritional requirements for protein as well meeting the new IDDSI standard for Texture Modified Foods.

Each pack is delivered pre-formed and frozen. The normal serving suggestion is 2 pieces of meat or fish, 2 pieces of 2 Vegetable (Carrot and Spinach for example) and 2 pieces of Potato. Add to this 60ml (or more) of Sauce and you will have met or exceeded the minimum daily requirement of protein per serve (25.9g).

PLATING OF MEAL

- Take the packs directly from the freezer.
- Open the pack and remove the items using food safe gloves.
- Plate the meal as desired on a china or melamine plate. You can either add sauce at this stage or add sauce when serving to the patient or resident.
- Cover with food Cloche (lid) so that the lid does not touch the Pureed Pieces on the plate.



- If the food cloche (lid) does not fit and seal the plate, then wrap the Plate with Cling Wrap to make sure no moisture can get on to the plate.
- Place plate on in Combi Steamer at between 80°C to 100°C on 100% steam (humidity) for 10 minutes from defrosted or 20 minutes from frozen. Ensure food reaches required minimum core temperature.
- Leave the Cloche or Wrap on the plate and place in heated delivery cart.
- Deliver to patient/ resident and remove Cloche or Wrap prior to serving.
- DO NOT MIX OR STIR THE PRODUCTS BEFORE SERVING, unless the patient/ resident insists.



- NOTE: The method for reheating bulk meals is the same, place items in a GN pan or tray, cover with a lid and wrap with Cling Wrap and re heat at between 80°C to 100°C on 100% steam (humidity) for 10 minutes from defrosted or 20 minutes from frozen.
 - Carefully plate the items using a flat fish slice (or similar) and sauce.
 - PRODUCT MUST REMAIN COVERED FOR AS LONG AS POSSIBLE TO ENSURE FRESHNESS.

HEATING BULK WET DISHES, SOUPS AND SAUCES

Nutritious Cuisine conveniently packs all our wet dishes in 10 portion packs to make it easy to achieve the protein requirements per serve (25.9g) for patients and residents. Ideally you should re-heat the meals in the pack it was delivered to you, that is a 1.8kg pack or 1 litre for Soups and Sauces.

This method works for all Soups, Sauces, Regular Wet Dishes, Sous Vide Meats, Texture Modified SB6 and MM5. Always check core temperatures before serving.

RE-THERMALISING METHODS FROM DEFROSTED



- **COMBI STEAMER OVEN**
 - Pre-set the Combi to between 80°C and 100°C with 100% humidity (steam).
 - Place the unopened packs on perforated GN pans or wire racks and place in the oven.
 - Heat for 45 minutes.
 - Carefully remove the pans/ racks and test temperature of pack contents.
 - Open packs with Kitchen Scissors and carefully transfer contents to a GN pan and cover with a lid.
 - ENSURE CONTENTS ARE KEPT HOT AND COVERED ON PLATING LINE WHEREVER POSSIBLE.
- **BOILING KETTLE**
 - Fill the kettle to approximately half to 2/3 full of fresh cold water.
 - Pre-set to the kettle to simmer (85°C) so that there are small bubbles with movement of the water.
 - Once the water has reached a simmer carefully place the un-opened packs into the water.
 - Bring the temperature back up to allow the water to simmer. Once the water simmers heat for 45 minutes.
 - Carefully remove the packs from the water and test temperature of contents.
 - Open packs with Kitchen Scissors and carefully transfer contents to a GN pan and cover with a lid.
 - ENSURE CONTENTS ARE KEPT HOT AND COVERED ON PLATING LINE WHEREVER POSSIBLE.

